

Lifeguard Courses 2012

All courses must be attended in full. Registration can be done on-line or in person and must be completed 3 days prior to start of class. There is a minimum requirement of 6 participants per course. If a class does not fill, students have the option of being transferred to another class or receiving a full refund. All courses are American Red Cross.

Lifeguard Training: Course cost \$265.00

This course is designed for individuals who want to lifeguard in a pool setting. Participants must be at least 15 years old by the last day of the course. The course includes a swimming pre-test* the first day of class, rescue skills for shallow and deep water, spinal injury management skills, CPR skills, AED skills, First Aid skills and written and in-water skills tests. At the completion of the course, participants will be certified in Lifeguard Training, CPR/AED for the Professional Rescuer and Healthcare Provider, and First Aid. Participants should be prepared to enter the water at every class. You will need to bring a writing instrument, swim suit, towel, food/beverage, and proof of age (birth certificate, driver's license, permit, etc.)

*Pre-test: 300yd swim (100 yds front crawl, 100 yds breaststroke, 100 yds of either stroke) not timed, **and** do a 20yd swim retrieve a 10lb brick at a 7-10 feet depth, return to the starting point with the brick and exit the pool without any aid within 1 minute and 40 seconds. All participants must be able to pass the pre-test to continue the course.

Lifeguarding Review: Course Cost \$185.00

This course is designed for participants that have **current** Lifeguard Training and CPR/AED certifications. Participants will be required to demonstrate various rescue skills, spinal injury management skills, first aid skills, and participate in the CPR/AED for Professional Rescuers Review course for that session. **All skills must be performed to the American Red Cross Standards. Study and come prepared!** You will need to bring your **current certifications** (without proof of current certification, you will not be allowed to participate), **writing instrument, swimming suit, towel, and your breathing barrier.**

CPR/AED 2012

All courses must be attended in full. Registration can be done on-line or in person and must be completed 3 days prior to start of class. There is a minimum requirement of 6 participants per course. If a class does not fill, students have the option of being transferred to another class or receiving a full refund. All courses are American Red Cross.

CPR/AED for Professional Rescuers and Healthcare Providers Course: Course Cost \$120.00

This course is designed to teach those with a duty to act (professional rescuers) the skills needed to respond appropriately to breathing and cardiac emergencies. This includes the use of an automated external defibrillator (AED) to care for a victim of cardiac arrest.

CPR/AED for Professional Rescuers and Healthcare Providers Review Course: Course cost \$85.00

This course is designed for participants that need to renew their CPR for Professional Rescuers certification. You will learn the current CPR/AED for Professional Rescuers skills. You will need to bring your **resuscitation mask** and **writing instrument**. Masks can be purchased on the day of the class for an additional \$10.

Water Safety



Safety Training for Swim Coaches: Course Cost \$75.00

Safety Training for Swim Coaches is a required certification for all USA swimming coaches. The Safety Training for Swim Coaches course teaches about safety in and around pools. **The Fast Track option requires that participants study for and take the written test online prior to the Fast Track course.** The Fast Track course then covers water rescue skills for spinal and non-spinal injury victims. All participants must be prepared to get in the pool with a swim suit, goggles, cap & towel.

More information about the course can be found on the CSC website and at the USA Swimming website.

No refunds will be issued after a course has begun. Written notification of cancellation must be received 5 days prior to the first day of class. Refunds are only made available if your spot can be filled. Prior to any refund, a \$35 administrative fee will be charged.

Persons hired by the California Sports Center who attend and pass a course hosted by California Sports Center will receive a \$70 refund/credit after 6 months of regular employment.

2012 Course Dates



Date	Day	Start	Finish	Hours	Participant Limits
<i>March Lifeguarding Course</i>					
12 March, 2012	Monday	17:00	21:00	4:00	
15 March, 2012	Thursday	17:00	21:00	4:00	
17 March, 2012	Saturday	8:00	17:00	9:00	6-18
18 March, 2012	Sunday	8:00	17:00	9:00	
19 March, 2012	Monday	17:00	21:00	4:00	
22 March, 2012	Thursday	17:00	21:00	4:00	
<i>March Lifeguarding Review</i>					
24 March, 2012	Saturday	8:00	17:00	9:00	6-18
25 March, 2012	Sunday	8:00	17:00	9:00	
<i>April CPR/AED Pro Courses</i>					
01 April, 2012	Sunday	8:00	11:00	3:00	1-10
01 April, 2012	Sunday	11:00	18:00	7:00	1-10
<i>April Lifeguarding Course</i>					
14 April, 2012	Saturday	8:00	17:00	9:00	
15 April, 2012	Sunday	8:00	17:00	9:00	6-20
16 April, 2012	Monday	8:00	17:00	9:00	
17 April, 2012	Tuesday	8:00	17:00	9:00	
<i>May CPR/AED Pro Courses</i>					
06 May, 2012	Sunday	8:00	11:00	3:00	1-10
06 May, 2012	Sunday	11:00	18:00	7:00	1-10
<i>May Lifeguarding Course</i>					
14 May, 2012	Monday	17:00	21:00	4:00	
17 May, 2012	Thursday	17:00	21:00	4:00	
19 May, 2012	Saturday	8:00	17:00	9:00	6-18
20 May, 2012	Sunday	8:00	17:00	9:00	
21 May, 2012	Monday	17:00	21:00	4:00	
24 May, 2012	Thursday	17:00	21:00	4:00	
<i>June Lifeguarding Course I</i>					
31 May, 2012	Thursday	8:00	17:00	9:00	
01 June, 2012	Friday	8:00	17:00	9:00	6-18
02 June, 2012	Saturday	8:00	17:00	9:00	
03 June, 2012	Sunday	8:00	17:00	9:00	
<i>June Lifeguarding Review</i>					
08 June, 2012	Friday	8:00	17:00	9:00	6-18
09 June, 2012	Saturday	8:00	17:00	9:00	
<i>June CPR/AED Pro Review</i>					
10 June, 2012	Sunday	8:00	11:00	3:00	1-10
<i>June Lifeguarding Course II</i>					
11 June, 2012	Monday	8:00	17:00	9:00	
12 June, 2012	Tuesday	8:00	17:00	9:00	6-18
13 June, 2012	Wednesday	8:00	17:00	9:00	
14 June, 2012	Thursday	8:00	17:00	9:00	
<i>August Lifeguarding Course</i>					
18 August, 2012	Saturday	8:00	17:00	9:00	
19 August, 2012	Sunday	8:00	17:00	9:00	6-18
25 August, 2012	Saturday	8:00	17:00	9:00	
26 August, 2012	Sunday	8:00	17:00	9:00	
<i>August Safety Training for Swim Coaches Fast Track Course</i>					
26 August, 2012	Sunday	17:00	19:00	2:00	2-20
<i>December Lifeguarding Course (tbd)</i>					

No refunds will be issued after a course has begun. Written notification of cancellation must be received 5 days prior to the first day of class. Refunds are only made available if your spot can be filled. Prior to any refund, a \$35 administrative fee will be charged.